

DRAWDOWN

ACT UP!

DRAWDOWN SOLUTION #4

Plant-Rich Diet

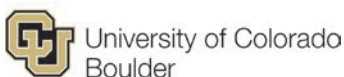
DRAWDOWN ACT UP!

'Drawdown' carbon to reverse global warming

'Act Up' through interactive games and skits to activate top solutions

Learn the science behind the solutions and how to activate these in your daily life

The creation of this curriculum has been funded in part through Inside the Greenhouse project at CU Boulder



Activity: The Omnivore Game

Created by: Rose Briggs and Audri Bobo

Climate solution addressed by activity (from Drawdown): Plant-rich diet

Learning Objective: to understand the environmental impact of eating either meat or a plant-based diet

Approximate time: 10-15 minutes

Materials needed: 10-20 green balls, 10-20 red balls and 10-20 blue balls, two medium-small buckets or cardboard boxes, some sort of distance markers (for each side), timer

Number of leaders needed: 1

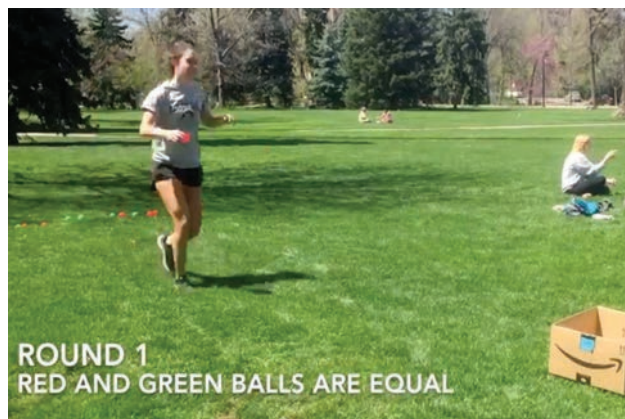
Participants: 2 to 8

Recommended age range: 6+

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Overview:

This is a race to show all the components that go into a meat-based diet, versus going straight to the source (plants). Red balls (meat) are worth more points than green balls (plants) because they provide more calories and protein. Green balls are worth 1 pt; red balls are worth 2 pts. The object of the game is to collect the most points in a given amount of time (20 seconds) by racing from the starting line to the balls and placing the balls in a bucket at the starting line. Kids are split into 2 teams, and 2 kids compete at the same time. Each player, when racing, has their own space and balls (they cannot interact with the other player). If there are 8 racers, they each participate in one round. Between every round, each team has time to talk about what they think their strategy should be.



Instructions:

First round: Kids race to red ball (5) and green ball (5), which are both placed 18 feet away. Kids grab one ball (*most likely they will choose the red ball, since it is worth more points*) and run back. In this game, every time you grab a ball you must run back to the starting line and put it into the container before running to get another ball. The facilitator times for 20 seconds, and only balls that have been placed in containers are counted at the end of the round. Scores for each team are recorded for the first round, and then the balls are taken out of the containers. This round introduces the concept but doesn't take into account the problems with a meat-based diet. It shows why many people choose to eat meat: they don't take into account the other factors.

Second round: Explain what you are doing as you introduce new factors. Green balls are placed at 6 feet (closer to the starting line) than red balls at 18 feet. This represents the fact that in order for us to eat a cow, the cow must first eat lots of plants, which are lower on the food chain (closer to us as consumers). Kids can still choose to get any ball they like, but now in order to get a red ball, you have to grab 2 green balls first and bring them back to your container one at a time. This shows that in order to make meat, lots of plants must be consumed by the animal to produce those calories. Each team discuss a strategy.



Third round: Blue balls are placed 6 feet from the starting line. To get red ball, you have to grab 2 blue balls and bring them back to the starting line, to get a green ball you have to grab one. Rules from Round 2 do NOT apply in this round (in order to grab a red ball, you must first grab 2 blue balls, but you



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do NOT have to grab 2 green balls additionally). Explain that the blue balls symbolize all the water that has to go into the system. It takes more water to produce meat than veggies. Blue balls are not worth any points. Each team discuss a strategy.

Fourth round: In this round, rules from rounds 2 and 3 DO apply. So, in order to grab a red ball, you must first grab 2 blue balls and then 2 green balls before collecting the red ball. Additionally, whenever holding a red ball, you must hold your breath. This introduces the emissions problem (animal flatulence!) caused by meat-based diets. Each team discuss a strategy.

Discussion Questions:

- When you don't have to think about consequences like water, emissions, etc., which ball do you want to choose?
- Did you want to choose the red balls less when you thought about having to go grab all the water balls, hold your breath, etc.?
- Do you think you could do a mix of these?
- Could you can eat meat sometimes, grab a red ball



The Omnivore Game

- = 2 points
- = 1 point
- = no points

- = Meat
- = Plants
- = Water



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